

NASA HEALTH PROMOTION AND WELLNESS COMMITTEE

Minutes for: September 26, 2007

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input type="checkbox"/>

Welcome

Mae Hafizi

For your convenience, minutes are color coded. Any thing in **red requires immediate attention and/or feedback from you.**

Today's guest speaker and topic:

Saralyn Mark, M.D., Topic: cervical cancer, Human Papilloma Virus and Vaccine

HPW Communication-

Mae Hafizi

CDC Filming at Glenn Research Center

In 2006, the Glenn Wellness Program was assessed by members of CDC's Swift team (Worksite Assessment & Translation Group). CDC chose the *Yellowbrick Road* Production Company to tape activities at the fitness center and to interview staff. Filming was conducted on Monday, March 19, 2007. Renee Barrett will be invited to a future meeting to discuss the present the film.

U.S. Preventive Services Task Force

Newly formatted, more user-friendly recommendation statements from the U.S. Preventive Services Task Force are now available. The new statements are featured for the first time in an updated Chlamydia screening recommendation.

<http://www.ahrq.gov/clinic/uspstf07/methods/methupd.pdf> and

<http://www.ahrq.gov/clinic/uspstf07/methods/currprocess.pdf>

Mayo Clinic EmbodyHealth Data

- *Mayo Clinic EmbodyHealth* will be available until January 22, 2008.
- Week of September 16, 2007 two centers marketed via center wide email. During this week, we had 91 registrants, the same number of registrants as we had for the entire month of August. **Marketing is key and center wide emails work best.**
- 15,000 eligible population
- 2,661 registrants
 - 69% of registrants are between 40-59 years of age
 - 13% at over 60 years of age

- 18% are between the ages of 18 and 39
- In your marketing campaign please consider referring to the:
 - [Healthy Aging](#) page
 - [Life Habits Improvement](#) which includes interactive, time limited behavior modification programs on tobacco cessation, weight loss, stress management, pregnancy, nutrition, and physical fitness
 - [Health Monitor](#) to assist with disease management and keeping track of personal health profile
- 1,353 completed HRA
 - about 51% of those who register complete the HRA
 - equals 9% of the eligible population
 - Need at least 1,500 HRAs completed to analyze WLQ

2008 HealthierYou Campaign

2008 HealthierYou Campaign Components can be located on <http://ohp.nasa.gov/disciplines/hpromo/campaigns/2008/index.html>.

- 2008 HealthierYou calendar is focusing on healthy aging and the many roles and responsibilities of daily life. The calendar is due for distribution in mid October. Calendars will be mailed to the Clinics directly from the printer. The pdf will be available on line: www.ohp.nasa.gov/healthcalendar
- *Mayo Clinic EmbodyHealth*: Please advertise through out your center without any filters that discourages contractor from using the product. We need at least 1,500 HRAs completed so please open the product to everyone
- Mayo Clinic EmbodyHealth Newsletter: 2000 copies of hard copy newsletters will be distributed on monthly basis via the clinics.
- **Influenza Vaccination Drive: Please forward your stats upon completion of the campaign to homeyra.hafizi-1@nasa.gov. Let us know if you are having any issues with your shipment.**
- Stress of being a Caregiver: An educational pamphlet has been created and will be mailed to all clinics. The pdf will be available on www.ohp.nasa.gov.
 - "Unlawful Disparate Treatment of Workers With Care giving Responsibilities", this document uses the existing legal framework to guide employers in understanding discrimination related to employee care giving responsibilities. The document is available on the EEOC website at <http://www.eeoc.gov/policy/docs/caregiving.html>, with a Q&A at http://www.eeoc.gov/policy/docs/qanda_caregiving.html
- Melanoma – An educational pamphlet has been purchased and will be mailed to all clinics. The pdf of the pamphlet is available on <http://www.cancer.gov/cancertopics/wyntk/melanoma>

Cervical Cancer, HPV and vaccine

Saralyn Mark, M.D.

- Quadrivalent Human Papilloma virus Vaccine: Recommendations of the Advisory Committee on Immunization Practices (ACIP)
http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5602a1.htm?s_cid=rr5602a1e

- The New England Journal of Medicine-May 10, 2007 with nine articles on HPV from every angle-politics, research, clinical practice.
- www.cervicalcancercampaign.org, today's pp presentation. These pp slides were created for health educators to utilize in teaching their employees and the public at large.
- The following link has a copy of the activity map for each state and cervical cancer prevention legislation: www.womeningovernment.org/prevention.
- If interested in a copy of today's ViTs please email homeyra.hafizi-1@nasa.gov.

This is a very, very brief synopsis of Dr. Mark's presentation. For the full effect, please request a copy of the taped DVD to be viewed along side the slides located on www.cervicalcancercampaign.org.

Discussion is on going with respect to legislative actions to make the vaccine mandatory. Dr. Mark will be invited to future HPW Team meetings to present new findings on the topic.

HPV is the number one cause of cervical cancer. DNA testing is available for detection of HPV. Currently, there is one HPV vaccine in the market produced by Merck; Gardasil, is a quadrivalent vaccine protective against four strains of HPV. Strains 6 and 10 that cause 90% of genital warts and 16 and 18 that cause 70% of cervical cancers. Pending FDA approval, by Jan 2008, GSK will be releasing a new vaccine; Cervarix, a bivalent vaccine that is protective against two strains of HPV, strains 16 and 18.

The long term effects of these vaccines are not known but studies are underway. The vaccines are to be used for the purpose of protection not treatment. Please review the JAMA article dated August 15, 2007. Infected men and boys carry the disease silently but studies are underway to assess the efficacy of the vaccine in this at risk population. Also under study is HPV testing in men. Of particular challenge is the fact that mucosal titers are low in men while serum titers are high.

It is recommended that for women over the age of 30, HPV testing should be offered with every PAP. As such, women under the age of 30 with borderline PAP smears should be offered HPV testing.

Next ViTs is scheduled for December 13, 2007 12 Noon Eastern. Mayo Clinic Strategic Consultant will present.

Meeting adjourned at 11:45 A.M.
Respectfully submitted,

Mae Hafizi
09/27/2007

